Topics to be covered

- How neural pathways can cause physical symptoms.
- How emotions can create and activate learned nerve pathways.
- Explaining the neurological basis of mind-body disorders.
- Determining which disorders are typically mind-body disorders.
- When to obtain medical evaluations for clients with possible mind-body disorders.
- How to structure an assessment to determine the underlying psychological mechanisms of mind-body disorders.
- How to elicit the emotional content that triggers mind-body disorders.
- Overcoming barriers clients face in accepting the mind-body diagnosis.
- Learn techniques to assist clients in reframing the meaning of their symptoms.
- Provide concrete techniques on breaking patterns of reinforcement with regard to symptoms.
- The theory and process of Emotional Awareness and Expression Therapy.
- Expressive writing techniques.
- Dealing with negative self-talk and anxiety by attending to the underlying emotional states.
- How to use visualizations and meditations to help clients invest in treating themselves more compassionately.
- Integrating Unlearn Your Pain approaches into a clinical practice.

Speakers

Howard Schubiner, MD
Director, Mind Body Medicine Program
Providence-Providence Park Hospital
Clinical Professor
Wayne State University, Detroit, MI
Michigan State University, East Lansing, MI.

Alan Gordon, LCSW
Director, Pain Psychology Center
Adjunct Assistant Professor
University of Southern California School of Social Work
Los Angeles, CA

Program Planning Committee

Howard Schubiner, MD
Director, Mind Body Medicine Program
Providence-Providence Park Hospital

Judy Ahn-Ewing, R EEG/EP T, CNIM, CLTM, FASET
Director, Neuroscience
Providence-Providence Park Hospital

Peggy Vandenhemel, MSN, RN, AHN-BC
Director of Nursing Education
Providence-Providence Park Hospital

Mark Lumley, PhD
Professor and Director of Graduate Training
Department of Psychology
Wayne State University

Coming together to give healthcare a better name. We are Ascension.
Program Overview
This two-day workshop brings together cutting-edge research and advanced clinical interventions to train participants in an emerging model of care. Clients and patients often present with chronic symptoms for which there is no clear medical explanation, including pain, anxiety, depression, fatigue, and insomnia. High rates of lifetime trauma and unresolved emotional experiences often underlie these conditions. New research and clinical practices have been shown to be effective for these individuals. This basic training offers the clinician the opportunity to gain knowledge and learn skills that will be immediately applicable to their practices.

Program Objectives
1. Summarize key research and clinical concepts that underlie the Unlearn Your Pain approach.
2. Identify patients who have disorders that are likely to benefit from the Unlearn Your Pain approach.
3. Understand the components of the Unlearn Your Pain approach and learn how to integrate them into a clinical practice.
4. Practice using these clinical components to gain experience and confidence.
5. Understand the limitations and clinical caveats to this approach.

Accreditation Statement
Providence-Providence Park Hospital is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

AMA Credit Designation Statement:
The Providence-Providence Park Hospital designates this live activity for a maximum of 10.5 credits AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Osteopathic Physicians: AAMA PRA Category 1 Credits™ are acceptable towards Category 2-A Credit.

Wayne State University’s Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Wayne State University’s Department of Psychology maintains responsibility for this program and its content.

St. John Providence is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-287, 7/1/2018)

Conference approved for 11 Social Work Pain & Pain Symptom Management Continuing Education hours by the Michigan Social Work Continuing Education Collaborative Provider # MICECO49.

Disclosure
Consistent with the ACCME Standards of Commercial Support, speakers for the conference are expected to disclose to you at the beginning of their presentation(s) whether they have any economic or other personal interests that create, or may be perceived as creating, a conflict related to the material discussed. This policy is intended to make you aware of speakers’ interests, so you may form your own judgments about such material.

Target Audience
Attendees include physicians, physician assistants, nurses, nurse practitioners, physical therapists, psychiatrists, psychologists, social workers, licensed professional counselors, mental health clinicians, substance abuse specialists, medical students, and others who provide services for people experiencing chronic pain.

Accommodations
The Weston Southfield Detroit
1500 Town Ctr.,
Southfield, MI 48075
248-827-4000

Southfield Marriott Courtyard
27027 Northwestern Hwy.
Southfield, MI 48033
248-358-1222

Conference Location
Providence-Providence Park Hospital,
Southfield Campus, Fisher Auditorium
16001 W. Nine Mile Road
Southfield, MI 48075

Accreditation
Collaborative Provider # MICEC0049.

Conference approved for 11 Social Work Pain & Pain Symptom Management Continuing Education hours by the Michigan Social Work Continuing Education Collaborative Provider # MICECO49.

Attendance limited to 100 people.
Credits requested: CME category I, MSW CEU credits, Psychology CE credits, RN CE credits

Name __________________________
E-mail __________________________
Phone number ______________________
Address __________________________

I am (a) □ Physician □ RN/NP □ Other □ SJP Associate □ MAPP Member

Checks and credit cards are accepted.
Credit Card Type: □ VISA □ MASTERCARD □ AMERICAN EXPRESS
Credit Card Number __________________________
Exp Date __________________________
CID Code __ __ __ AMEX Security Code __ __ __
Signature: __________________________